

MIND & BODY

JULY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|--|
| | 6:00-7:00 am Ballet Sculpt Terri P. | 6:00-7:00 am Vinyasa Yoga I-III Stacey | 6:00-7:00 am Ballet Sculpt Yvette | 6:00-7:00 am Vinyasa Yoga I-III Rebecca W | | |
| 7:15-8:15 am Tai Chi Eric | 7:25-8:25 am Yoga Basics Mark | 7:15-8:15 am Taijifit Eric | 7:25-8:25 am Yoga Basics Mark | 7:15-8:15 am TaiChi TD | | |
| 8:35-9:35 am Pilates Mat Megan | 8:35-9:35 am Nia Tracy | 8:35-9:35 am Pilates Mat Rachel B | *New Class/Instructor* 8:30-9:30 am BarreTab Briar | 8:35-9:35 am Pilates Mat Jess | 8:30-9:45 am Vinyasa Yoga II-III Kelsey | 9:15-10:30 am Restorative Yoga+ Kathy B/Kate |
| 9:45-10:45 am Vinyasa Yoga I-II Karen E | 9:45-10:45 am Ballet Sculpt KC | 9:45-10:45 am Hatha Yoga I-II Nova | 9:45-10:45am Ballet Sculpt KC | 9:45-10:45 am Vinyasa Yoga I-III Mark | 10:00-11:00 am Nia Leslie | 10:45-11:45 am Pilates Mat Lisa |
| 11:00-12:00 pm Cardio Fit Cathy C | 11:00-12:00 pm Wellness Meditation Lori S. | 11:00-12:00 pm Stretch Therapy I-II Ruthie | 11:00-12:00 pm YAH Pilates Ball Adrie | 11:00-12:00 pm Nia Dana | 11:15-12:15 pm Ballet Sculpt Molly | 12:00-1:00 pm Vinyasa I-III Marina |
| 12:15-1:15 pm Gentle Hatha Yoga Robin S. | 12:15-1:15 pm Yin Yoga Meridith | 12:15-1:15 pm Ballet Sculpt Briar | 12:15-1:15 pm Gentle Hatha Yoga Robin S. | 12:30-1:30 pm Ballet Sculpt Keegan | 12:30-1:45 pm YAH Yoga Basics Gail | 1:15-2:15 pm Ballet Sculpt Keegan |
| | | 4:00-5:00 pm Hatha Yoga I-III Mark | | 4:00-5:15 pm Deep Healing Hatha Yoga I-II Kat | | |
| 4:00-5:00 pm Hatha Yoga I-II Brenna | 4:00-5:15 pm Vinyasa Yoga I-III Nikki A. | 5:45-6:45 pm Vinyasa Yoga I-III Kimberly | 4:00-5:00 pm Hatha Yoga I-II Derik | | 4:00-5:15 pm Align & Refine Yoga Gail | 4:00-5:00 pm Vinyasa Yoga I-III Rebecca W |
| 5:45-6:45 pm Ballet Sculpt Molly | 5:45-6:45 pm Pilates Mat Molly | | 5:45-6:45 pm Pilates Mat Cathy C | | | |



www.cherrycreekclub.com

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